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ABSTRACT OF THE DISCLOSURE

An assembly for retaining a boot on a sports apparatus. The assembly includes a base, a disk having at least two elongated holes parallel to one another, and at least two screws each extending through an elongated hole. The assembly further includes a plate that is parallel to the disk, the plate sliding along the length of the elongated holes, at least two holes extending through the plate in its thickness, each screw extending through a hole of the plate, and retaining elements retaining the screws on the plate.